

## **7.2-Best Practices:**

1. Self- defense training programme for girls.

### **Objective:**

With a view to make female students capable enough to tackle unwanted situations like molestation, physical assault, eve-teasing, domestic violence etc. the college has taken initiative to organize self defence training programme for them. The college has arranged Karate training to female students of the College in collaboration with Goreswar Karate Association. With this training, the College in addition to teaching basic self defense techniques intends to infuse discipline among students, to instill the idea of physical and mental fitness, to make them aware about the harmful effects of drugs and alcohol.

### **Context:**

In view of the growing incidents of violence against women such as rape, molestation, eve teasing, domestic violence, acid attacks, the college has decided to introduce Self Defence Programme for girl students in the College. The self defence programme is of utmost importance for girls as most of the students travel long distances daily for their classes.

### **The Practice:**

To impart the training programme, a Karate instructor has been appointed. Female students take part in the training programme in the College for two hours after the routine class.

## **2. Encouraging Undergraduate Research**

### **Objective:**

To enable students to experience the excitement of learning through discovery, all the departments of the Institution take initiative in carrying out Research Project among the final Semester students. The Research Projects help students in learning Research Methodology. It also helps them to learn how to carry out a Research-based project in a disciplined and systematic way.

### **Context:**

The Institution has undergraduate programmes in Arts and it tries to provide the students with the best learning experience. Through the undergraduate Research Programme, the Institution has taken strategy to enable the students to experience research- based learning.

### **The Practice:**

In order to encourage students in Research-based learning, the College has taken initiative to conduct Departmental Survey every year. Under the guidance of departmental teachers, the final Semester students (Major) carry out such surveys. All the departments take initiatives later on in publishing the Research Project. The College authority extends financial help to the departments in carrying out the Research Project.